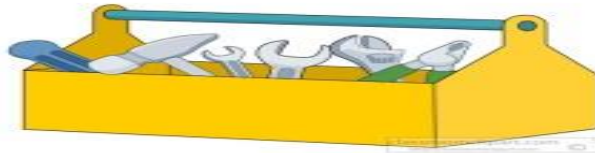




# NIA / NM's Resource Center for Victims of Violent Death

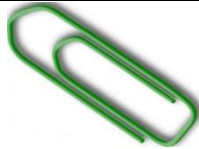
## SURVIVOR'S TOOL KIT



Mistakes happen (by us and to us) – Erase today's and start tomorrow on a clean page.



We all need to be "saved" at times and we each can be a "life saver" to others.



Sometimes we need help holding things together when they seem to be falling apart.



A rubber band can be stretched to its limit -yet can snap back before it breaks – so you can too.



For those days when the hurt is just too much – or to repair a hurt we did to others.



To keep your heart soft when it has been so trampled on.

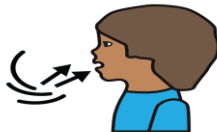


Take a moment to light a candle to remember that special someone and to realize there is light in darkness.



Chew a piece of bubble gum to help release tension – then blow a bubble in a moment of fun (you are "allowed" to have fun again).

Take deep breath



You don't realize it, but you have been holding your breath – stop – take a slow deep breath or two or three. It does help.



You got thru a hard day – **celebrate your victory** – no matter how small.

***And some candy - just because!***

***We are also here as another tool for you to use.***

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